



# Workshop Sponsors



Eastern Idaho Chronic Disease Partnership

Eastern Idaho Public Health District

Eastern Idaho Regional Medical Center

Mountain View Hospital

Rocky Mountain Diabetes and  
Osteoporosis Center

Rosemark Women Care Specialists

Creekside Counseling

Brigham Young University - Idaho

S.O.A.R., Inc.

Idaho Beef Council

United Dairymen of Idaho

Head Start/EICAP

Area VI Agency on Aging/EICAP

Idaho National Laboratory

American Cancer Society

Apple Athletic Club

Bonneville Youth Development Council (BYDC)

SPAN (Suicide Prevention Action Network)

Idaho Falls Multiple Sclerosis Center

Family Vision Associates



---

Eastern Idaho Public Health District  
1250 Hollipark Drive  
Idaho Falls, ID 83401  
208.533.3149  
[www.phd7.idaho.gov](http://www.phd7.idaho.gov)

Eastern Idaho Chronic Disease  
Partnership Presents:

*Empowering Your Life:*



*Tools for Healthy Living*

Saturday, October 22, 2011

8:00 a.m. - 2:30 p.m.

Eastern Idaho Public Health District

1250 Hollipark Drive, Idaho Falls

208.533.3149

[www.phd7.idaho.gov](http://www.phd7.idaho.gov)



# Workshop Agenda



## Registration - 8:00 a.m. - 8:45 a.m.

### Lobby

Visit education booths  
Health screenings  
Fruit and yogurt parfaits

## Breakout Session 1 - 8:45 a.m. - 9:50 a.m.

*Battle of the Wills: Tools for Dealing  
with Difficult Behavior in Children*

Creekside Counseling

*The Top 10 Foods for Your Best Health*

Georgia G. Kostas, MPH, RD

*Improving Your Balance is as  
Easy as 1 - 2 - 3*

Brad Snedden, DSM, CSCS, MPH

*Home Alone. Or Are You?  
Communicable Disease in the Home*

Michael Taylor, MHE, CHES

## Break - 9:50 a.m. - 10:00 a.m.

### Lobby

Visit education booths



## Free Health Screenings Available

- Blood Pressure
- Blood Glucose Level
- Clinical Breast Exam
- Body Mass Index
- Additional health screenings may be available.

A certificate of completion for 4.5 hours will be provided. It will be the participant's responsibility to submit the certificate to the governing body of choice to then receive approval for the credit hours.  
Idaho Stars approved for 4.5 hours in Comp 7.

## Breakout Session 2 - 10:00 a.m. - 10:50 a.m.

*Question, Persuade, Refer: Suicide  
Awareness*

Jenni Griffin, Suicide Prevention  
Action Network

*Managing Migraines*

Bradford Talcott, MD, Ph.D.

*Diabetes and the Eyes*

Kenyon Anderson, OD

*Beyond Fitness: Healthy Weight Loss  
Management*

Robby Denning, ACE, ACSM

## Break - 10:50 a.m. - 11:00 a.m.

### Lobby



Keynote Speaker:  
Georgia G. Kostas, MPH, RD

Georgia Kostas is a published nutritionist, registered dietitian, public speaker, consultant and author in the areas of preventive, cardiovascular and sports nutrition, weight management, and media communications. She is the Founder and Director of the Cooper Clinic's Nutrition Program for 25 years in Dallas, Texas. Georgia has a private practice and has been a consulting nutritionist since 2004. She consults at Telos Fitness Center in Dallas, Texas.

*For additional information,  
contact Tímalee  
at 533-3149.*

## Breakout Session 3 - 11:00 a.m. - 11:50 a.m.

*Diabetes and Delicious*

Barbara Moulton, RD, LD, CDE

*Connecting the Dots: Parental  
Drug Awareness*

Alisha Passey and Becky Leatham,  
Bonneville Youth Development  
Council

*All Things Women's Health*

Barbara J. Nelson, MD, MPH

*Navigating Health Care for Seniors  
and Care Givers*

Emily Hoyt, Certified Information  
and Referral Specialist

## Break - 11:50 a.m. - 12:45 p.m.

### Lobby

Lunch served

Visit education booths

Health screenings

## Keynote Speaker - 12:45 p.m. - 2:00 p.m.

*The Nature of Health: Lifestyle Choices  
for Disease Prevention and Health  
Promotion*

Georgia G. Kostas, MPH, RD

## Closing Session - 2:00 p.m. - 2:30 p.m.

North and South Conference Rooms

Workshop Wrap Up

Prizes, Evaluation and Certificates



# Empowering Your Life: Tools for Healthy Living

## Community Workshop Registration Form

### Saturday, October 22, 2011 from 8:00 a.m. - 2:30 p.m.

Please complete registration form and mail it to the address listed at the bottom of the page.

Name: \_\_\_\_\_ Employer: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

#### **Breakout Session 1 (8:45 a.m. - 9:50 a.m.)**

1 = 1st choice, 2 = 2nd choice, 3 = 3rd choice, 4 = 4th choice

\_\_\_ Battle of the Wills: Tools for Dealing with Difficult Behavior in Children

\_\_\_ The Top 10 Foods for Your Best Health

\_\_\_ Improving Your Balance is as Easy as 1 - 2 - 3

\_\_\_ Home Alone. Or Are You? Communicable Disease in the Home

#### **Breakout Session 2 (10:00 a.m. - 10:50 a.m.)**

1 = 1st choice, 2 = 2nd choice, 3 = 3rd choice, 4 = 4th choice

\_\_\_ Question, Persuade, Refer: Suicide Awareness

\_\_\_ Managing Migraines

\_\_\_ Beyond Fitness: Healthy Weight Loss Management

\_\_\_ Diabetes and the Eyes

#### **Breakout Session 3 (11:00 a.m. - 11:50 p.m.)**

1 = 1st choice, 2 = 2nd choice, 3 = 3rd choice, 4 = 4th choice

\_\_\_ Diabetes and Delicious (A Cooking Demonstration)

\_\_\_ Parental Drug Awareness: Connecting the Dots

\_\_\_ All Things Women's Health

\_\_\_ Navigating Health Care for Seniors and Care Givers

Additional information about the conference can be found at  
[www.phd7.idaho.gov](http://www.phd7.idaho.gov) or call Timalae Geisler at 533-3149.

Eastern Idaho Public Health District - 1250 Hollipark Drive, Idaho Falls, ID 83401



**Empowering Your Life: Tools for Healthy Living  
Community Workshop Registration Form  
Saturday, October 22, 2011 from 8:00 a.m. - 2:30 p.m.**

**Registration is available until  
October 21, 2011 for \$25.00.**

**Complete your registration before October 1,  
and your fee is only \$15.00.**

**NO REFUNDS WILL BE AVAILABLE.**

Please make checks payable to:

**Eastern Idaho Public Health District  
Mail to:  
1250 Hollipark Drive  
Idaho Falls, ID 83401**

**Fun prizes!  
Great speakers!  
Lunch and snacks  
provided!**

**You will have the opportunity to attend one class during each  
breakout session. You must rank your class choices from 1 to 4  
with 1 being your first choice and 4 being your fourth or last choice.**

**Due to limited seating, we cannot guarantee you will receive your  
first choice. To ensure your preferred breakout session choices,  
please register early!**

**A card will be mailed to you that confirms your registration and  
designates which breakout sessions you will be attending.**

**Please turn this page over to complete the community workshop  
registration form.**

Additional information about the conference can be found at  
[www.phd7.idaho.gov](http://www.phd7.idaho.gov) or call Timallee Geisler at 533-3149.  
Eastern Idaho Public Health District - 1250 Hollipark Drive, Idaho Falls, ID 83401